



TRURO LOG  
TRURO COUNCIL ON AGING  
SEPTEMBER 2013  
7 Standish Way, N. Truro  
508-487-2462, FAX 508-487-0854  
[www.truro-ma.gov/coa](http://www.truro-ma.gov/coa)

## SEASHORE POINT PRESENTATION

On September 17th at 1:30, Joanna Lovely, Administrator of Seashore Point in Provincetown, will offer information about the skilled nursing, long term care and short term rehab components of the Wellness and Rehab Center.

Joanna will be accompanied by Sue Bradford, Rehab Director and Kate Cabral, Occupational Therapist who will discuss the role of Therapy in both the in-patient and out-patient settings, as well as touching on the various modalities and treatments available at Seashore Point.

They plan on talking about the different diagnoses they provide treatment for including stroke recovery, joint replacements and post orthopedic surgery, COPD/emphysema, etc... as well as the various modalities we offer including Ultrasound, E-stim, Cardiopulmonary Rehab, and training in Body Mechanics and strengthening to improve and prevent musculoskeletal injury.

Joanna, Sue, and Kate will be happy to answer any questions you have about what Seashore Point offers to our community including events and gatherings available to the general public.

## **LET'S PREPARE FOR AN EMERGENCY!!!**

**Please join Police Chief Kyle Takakjian on Tuesday, September 24<sup>th</sup> at 1:30 pm for a discussion on the following topics concerning Emergency Preparedness:**

- 1. Safeguarding your home for storms/disasters**
- 2. Disaster Kits**
- 3. Evacuation Planning**
- 4. Sheltering in place or go to a shelter**
- 5. Free Emergency planning items**
- 6. Question and Answer**

**If you would like to eat lunch at the COA Cafe before the presentation please call by Monday, the 23<sup>rd</sup> to make a reservation.**

## **We have Wi-Fi at the Community Center!!!**

**Please feel free to beat the heat and check your email all at the same time at the Truro Community Center!**

## **PROGRAMS AND SERVICES**

### **BEREAVEMENT SUPPORT GROUP**

The VNA Hospice Bereavement Support Program is for people who are coping with the loss of a loved one. The group will meet on **Wednesday, September 11 from 1 pm to 2:30 pm** and once a month thereafter at the Truro COA. You do not have to attend every time. There is no charge for this group. Pre-registration is required. For more information and to register please call Nancy Higgins, LICSW, VNA Hospice Bereavement Coordinator at 800-631-3900 x7715 or 508-957-7715.

The Truro COA has a SMILE Counselor available to talk with you.

Appointments Are Available – Improve Your Dental Care

The Truro COA is pleased to welcome Janice Johnson as our new SMILE Counselor. Janice is a Truro resident and had worked in the Provincetown school system for many years. She is a community volunteer who brings a sincere desire to promote wellness and provide dental education. Appointments are available in both Truro and Provincetown (see below).

Talking with a SMILE Counselor will help you set in place a plan of action toward better dental care. Information includes local resources for treatment and affordable care options including insurance and assistance programs. Please pick the day and location that works best for you and call the respective senior center to book your appointment:

Truro SMILE Appointments: Sept 10<sup>th</sup>, Nov 12<sup>th</sup>, Jan 14<sup>th</sup>, March 11<sup>th</sup>, May 13<sup>th</sup> Call 508-487-2462

Provincetown SMILE Appointments: Oct 8<sup>th</sup>, Dec 10<sup>th</sup>, Feb 11<sup>th</sup>, April 8<sup>th</sup>, June 10<sup>th</sup> Call 508-487-7080



**Mass. Audiology will be available by appointment only every 2<sup>nd</sup> Wednesday of the month starting on September 11 at 11 am. This is a free service. There is no obligation to buy a hearing aid. The audiologist will be here if someone is scheduled.**

### **New Exercise Class for People with Parkinson's disease**

Save the dates! Starting September 9<sup>th</sup>, the Truro COA will offer indoor walking to music with gentle stretching and balance. Rhythmic movement with music has been shown to be a very effective mode of exercise for people with Parkinson's. This class would also work well for other people with neurological issues, or those seeking a gentle, low-impact workout. The class will be led by Kathy Stetson, PT and Certified Health Fitness Specialist. The class will meet Mondays and Thursdays from 10:15 to 10:45 in the Truro Room. The cost is \$5 per class. If you are interested, or have questions, please call Kathy at 508-397-5324.

# HEALTH & WELLNESS

## Health Tips from the Town Nurse, Dee Yeater RN

Information from the Town Nurse Dee Yeater RN. - How to avoid counting sheep

The connection between sleep and stress is a biochemical one. A Lack of sleep leads to an increased stress response in your body. Your blood pressure rises and levels of cortisol – the stress hormone- creep up, too.

So here are a few good sleep hygiene tips:

Don't climb into bed too early. Wait until you are sleepy.

Try to wake up at the same time each morning, even on weekends.

Avoid big meals, alcohol, nicotine, and caffeine for at least three to four hours before bedtime

Get regular exercise- but our workouts should end three or four hours before bedtime.

Exercising too close to bedtime can be a stimulant.

Reserve your bedroom for sleep. Don't eat, watch TV, or use a computer when you are in bed. (hard to do if you like a little ice cream)

Relax for one hour before bedtime. Try listening to soothing music or reading a good book. When you are winding down reduce sources of bright lights.

Healthy sleep habits can help you relax, nod off, and relieve some of that daily stress. So cuddle up to the covers and sink gently into a restful sleep. – no counting sheep.

Benny's Pet sleep statistics

Sleeping with pets is not unusual in this country. According to a recent survey of Pet owners by the American Pet Products Association nearly half of dogs sleep in their owners beds.

The survey found that 62% of small dogs, 41% of medium dogs and 32% of large dogs sleep with their owners.

Is it healthy? The Kentuckiana, Allergy, Asthma and Immunology Center say people who suffer from pet allergies or asthma should not sleep with their dog or cat.

Benny said there is much controversy over this topic but thankfully most pet owners won't kick fido out of bed.

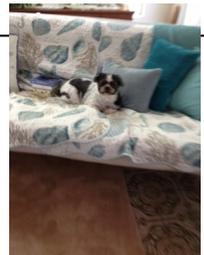
## Blood Pressure Clinic RETURNS!

Truro Rescue Squad will be administering a Free Blood Pressure Clinic at the Truro COA on September 6<sup>th</sup> from 9-10 am. For more information please call 508-487-2462 x10. Please stop by and visit with us!!!

Truro Rescue will also do BP checks at the Safety Facility anytime.

**BENNY**

The dog.



## ASK OUR TOWN NURSE!

If you would like to speak to Dee Yeater, our town nurse, about your medications, special concerns, or just get your blood pressure taken, make an appointment with her on any Thursday by calling the COA at 508-487-2462 ext. 13. She will be at the COA from 1:30 to 2:30. Please call before Thursday.

# HEALTH & WELLNESS

## MUSCLE CRAMPS

Nighttime muscle cramps or “charley horses” are a common cause of interrupted sleep. A cramp is a strong, involuntary muscle contraction (shortening or tightening of the muscle). It starts suddenly and can last a few seconds to several minutes and can be quite painful. The most commonly affected muscles are the calf, but may also occur in the leg or foot.

There are many possible causes of muscle cramps, and they are not all fully understood. However, some common triggers include:

- Injury or overuse of the muscles related to excessive exercise
- Exposure to cold temperatures
- Medical conditions including decreased circulation, kidney disease, thyroid disease and multiple sclerosis
- Standing on a hard surface for extended periods of time
- Sleeping in an awkward position
- Inadequate levels of potassium, calcium and other minerals in your blood
- Dehydration-not getting enough fluid
- Some medications including antipsychotics, diuretics, statins (cholesterol lowering medications) and steroids.

### **When a muscle cramp occurs, there are several things you can try to stop it:**

Massage the muscle

Heat or ice may relax the muscle

Walk around or gently shake your leg

Stretch the muscle- stop at the sensation of a gentle pulling and hold for 15 to 60 seconds

### **What can you do to prevent night muscle cramps?**

- Drink plenty of clear liquids, especially with exercise and on hot days.
- Limit your caffeine and alcohol intake.
- Make sure that you eat a healthy diet, which includes foods rich in calcium, potassium and magnesium.
- Exercise regularly, but don't over-do it, keep exertion to a moderate level and increase exercise times gradually.
- Stretch your muscles daily, especially before and after exercise and at bedtime.
- Loosen the sheets at the bottom of the bed.

If you think a medication is causing your muscle cramps, speak to the doctor who prescribed it. Do not stop taking medications without talking to your doctor first. If you have frequent nighttime cramps that are severe, talk to your doctor or health care provider.

By Kathy Stetson, Physical Therapist and Certified Health Fitness Specialist

## LET US ENTERTAIN YOU

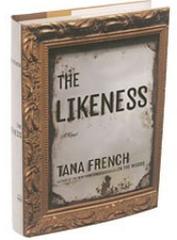
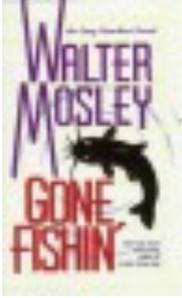
### *MYSTERY BOOK CLUB*

Friday, September 13, 12:30 pm

### Gone Fishin' by Walter Mosley

Friday, October 11, 12:30 pm

### The Likeness by Tana French



**STORY SWAP** We are fortunate enough to have our very own Master Storyteller, Dan Lynch, come to the Truro COA the third Tuesday of every month at 11:00 am to listen and tell stories!! It's a spirited gathering where you will hear folktales and legends, along with the most fascinating and entertaining personal stories told by our attendees! Listen or tell a personal story for the group!!



**Third Tuesday of the month at 11:00 am, Truro COA**

### **Let's Play Scrabble!!**

Come to the air conditioned COA and play Scrabble with your friends on Friday afternoons!!

Please give us a call or stop in if you would like to play!

**Fridays at 1:00 pm at the Truro COA**

### **BRIDGE & CRIBBAGE**

**WEDNESDAY 1:30 pm**

**COME JOIN OUR GROUP**

### **MAHJONGG**

**THURSDAY 1-4 pm**

**COME PLAY MAHJONGG**

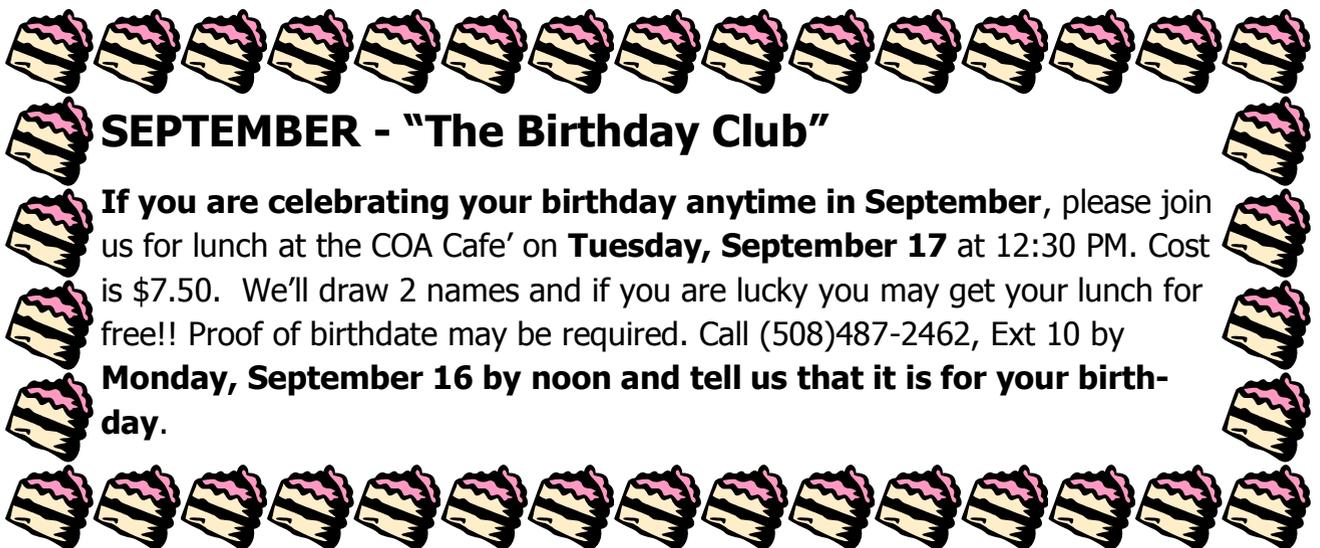


### **Mobimat and New Beach Wheelchairs**

This year, Truro's Head of the Meadow Beach is accessible to individuals with disabilities for the first time. Alexandra MacDonald, a member of the Truro Commission on Disabilities, is the first to try out the new beach wheelchair at Head of the Meadow Beach. With her is Sam Kudhari, beach attendant. A Mobimat walkway was also laid down to provide easier access over the sand for both able bodied and disabled beach goers. On the bay-side, there is also a new beach wheelchair at Truro's Corn Hill Beach where a boardwalk makes access to the beach easier. A drivers license or other photo I.D. is required to borrow the beach wheelchair.

# SEPTEMBER BIRTHDAYS

<b>1</b> Ronald Hyams John McCormick	<b>7</b> Chuck Arnott Lucinda Browne John Colley Bill Curcio John Hotchkiss Carmen Rose	<b>12</b> Jeanluc Brylinski	<b>20</b> Boyd Haff Eleanor Kendrick Frank Smith	<b>26</b> Robert Horton Lucy Perry
<b>2</b> David Brady Irene Goshen Stanley Hudson Emy Ricadela John Tinkham Barbara Wood	<b>8</b> Jannarius Cocozello James Downey Kenneth Guild Nancy Hotchkiss Lawrence Petterson	<b>13</b> Tony Hodgins Andrea Niewenhaus Malcolm Rose	<b>21</b> Shari Schulz	<b>27</b> Sebastian Davis Daniel Duarte Henry Hautanen Jim O'Halloran Betty Sano
<b>3</b> Americo Franco Harriet Rubin Rebecca Whiting	<b>9</b> Julie Brown Brian Davis	<b>14</b> Kitty Stevens	<b>22</b> Patrick Falco Daniel Sanders William Worthington	<b>28</b> Peter Annese Paula Noons
<b>4</b> Mary Bredemeir Carl Brotman Dorothy Olson	<b>10</b> Charles Leigh Phillip Smith	<b>15</b> Francis Johnson, Jr. Earl Salzman	<b>23</b> Diane Cummings	<b>29</b> John Comerford Lillian Howard
<b>5</b> Dee Springer	<b>11</b> Elizabeth Eastman Charles Gareau Anna Panetta Naomi Rorro	<b>16</b> Edgar Ducharme Moniz Rose	<b>24</b> Dolores Filardi Bette Shapiro	<b>30</b> Marylou Crimmins Patricia Roderick Philip Secrest
<b>6</b> Sharon Ormsby		<b>17</b> Rafael Marin Isaiah Snow	<b>25</b> Marjorie Corea Janet DeWilde Robert Rice Katherine Schmalbach	
<b>18</b> Pamela Coelho Carol Manta		<b>19</b> Judith Gaechter Patricia Ward		



SEPTEMBER - "The Birthday Club"

If you are celebrating your birthday anytime in September, please join us for lunch at the COA Cafe' on **Tuesday, September 17** at 12:30 PM. Cost is \$7.50. We'll draw 2 names and if you are lucky you may get your lunch for free!! Proof of birthdate may be required. Call (508)487-2462, Ext 10 by **Monday, September 16 by noon and tell us that it is for your birthday.**

"There is never enough time to do all the nothing you want."  
 By Bill Watterson, creator of Calvin and Hobbes

## WHAT'S COOKING AT THE COA

### TRURO FARMERS' MARKET

Monday, July through September (excluding Labor Day)  
8 TO NOON

Truro Veterans' Memorial Park

This farmers' market will be on an educational model, teaching actions to take to support the local food system, to help our own health and the environment. It will involve all areas of the community with school children helping with signage and grandparents volunteering. There is plenty of opportunity to volunteer. Go to [info@sustainablecape.org](mailto:info@sustainablecape.org) for more information [www.sustainablecape.org](http://www.sustainablecape.org). Parking is across from Cobb Memorial Library.



### Free Baked Goods from the Stop and Shop in Provincetown

On Mondays and Thursdays we  
have FREE Baked Goods at the  
Truro COA! Feel free to stop in be-  
tween the hours of 8:00-4:00 pm  
to pick some up!!!

### *IN MEMORIAM*

**JONATHAN SLESINGER**

### A New Scam/Fraud Scheme

Residents have been receiving calls from a person claiming to be a Police Officer or Federal Agent. These persons claim to have a warrant for the arrest of the resident which can only be cleared up by sending a money order or rechargeable Visa/Master card to them. The caller is extremely aggressive and will attempt to intimidate the victim into sending them money or face being arrested.

Be reminded that the Police will NEVER contact anyone demanding money for any reason. These calls have been originating out of state, anyone receiving calls of this nature may file a report with the **Federal Trade Commission** or with the **FBI**. If anyone has actually lost money or had their identity compromised to this or any other fraud it should be reported to the local Police. Anyone wanting more information about ongoing fraud schemes can find it on the **FBI** website. Submitted by Office of Elder Affairs

# **TRURO COUNCIL ON AGING CAFÉ -SEPTEMBER 2013**

**7 STANDISH WAY- NORTH TRURO**

**RESERVATIONS REQUIRED BY 12 pm MONDAY**

**508-487-2462 ext. 10**

**\$7.50 includes Beverage and Dessert**

**Tuesday September 3, 12:30**

**NO LUNCH CHEF IS AWAY**

**Tuesday, September 10, 12:30**

**Greek Chicken & Pasta w/ Kalamata Olives,**

**Artichoke Hearts & Feta Cheese**

**Pita Chips & Hummus**

**Chocolate & Caramel Bread Pudding**

**Soup: Portuguese Kale Soup**

**Tuesday, September 17, 12:30**

**Lazy Spinach Lasagna**

**Classic Caesar Salad w/Garlic Crisps**

**Soup: Corn Chowder**

**Brownie Sundae**

**BIRTHDAY LUNCH!**

**Tuesday, September 24, 12:30**

**Spiced Turkey Patties w/Cucumber & Yogurt Relish**

**Moroccan Couscous Salad**

**Fresh Fruit Crisp**

**Soup: Tuscan Turkey**

**TAKE OUT available, Call COA by Noon Monday**

**OPEN TO ANYONE OF ANY AGE**

# SEPTEMBER 2013

Mon	Tue	Wed	Thu	Fri
<p><b>2</b> <b>Labor Day</b> <b>COA Closed</b></p>	<p><b>3</b> COA CAFÉ CANCELLED</p>	<p><b>4</b> <b>Tai Chi 8:30</b> Strength Training 9 Weight Loss 10 <b>Bridge 1:30</b></p>	<p><b>5</b> CORE 11-Noon PACE 12:30-1:30 w/Kathy Stetson Mahjongg 1-4</p>	<p><b>6</b> Strength Training 9-10 <b>Scrabble 1</b></p>
<p><b>9</b> <b>Farmers' Market</b> <b>Blood Pressure</b> <b>9-10</b> Strength Training Memoirs 10:30 <b>Walking to Music</b> <b>10:15-10:45</b></p>	<p><b>10</b> COA CAFÉ 12:30 <b>Board Meeting</b> <b>10</b> .</p>	<p><b>11</b> <b>Tai Chi 8:30</b> Strength Training 9 Weight Loss 10 <b>Bereavement 1</b> <b>Bridge 1:30</b></p>	<p><b>12</b> <b>Walking to Music</b> <b>10:15-10:45</b> CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4</p>	<p><b>13</b> Strength Training <b>9-10</b> <b>Mystery Book Club</b> <b>12:30</b> <b>Scrabble 1</b></p>
<p><b>16</b> <b>Farmers' Market</b> Strength Training Memoirs 10:30 <b>Walking to Music</b> <b>10:15-10:45</b></p>	<p><b>17</b> <b>Story Swap 11</b> COA CAFÉ 12:30 <b>Birthday Lunch</b> <b>Seashore Point</b> <b>Presentation</b> <b>1:30</b></p>	<p><b>18</b> <b>Tai Chi 8:30</b> Strength Training w/Kathy Stetson Weight Loss 10 Mass Audiology 11 <b>Bridge 1:30</b> Legal Assistance</p>	<p><b>19</b> <b>Walking to Music</b> <b>10:15-10:45</b> CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4</p>	<p><b>20</b> Strength Training <b>Dr. Campo by Appointment</b>  <b>Scrabble 1</b></p>
<p><b>23</b> <b>Farmers' Market</b> Strength Training Memoirs 10:30 <b>Walking to Music</b> <b>10:15-10:45</b></p>	<p><b>24</b> COA CAFÉ 12:30 <b>Emergency Planning Meeting</b> <b>Kyle Takajian</b> <b>1:30</b></p>	<p><b>25</b> <b>Tai Chi 8:30</b> Strength Training 9 Weight Loss 10 <b>Bridge 1:30</b></p>	<p><b>26</b> <b>Walking to Music</b> <b>10:15-10:45</b> CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4</p>	<p><b>27</b> Strength Training 9-10 <b>Scrabble 1</b> </p>
<p><b>30</b> <b>Farmers' Market</b> Strength Training Memoirs 10:30 <b>Walking to Music</b> <b>10:15 -10:45</b></p>	<p><b>COA GALLERY</b> <b>SEPTEMBER</b> <b>MASON MORFIT</b> <b>OPENING SUNDAY, SEPT. 8</b> <b>2 to 4</b></p>			<p><b>COA GALLERY -</b> <b>OCTOBER</b> <b>David</b> <b>Wennerberg</b> <b>Photographs</b> <b>Opening 1:30</b> <b>10/10/2013</b></p>

## COA GALLERY - SEPTEMBER

### MASON MORFIT -

Mason Morfit was born 1943 in NYC and raised in Colorado and Montana on a ranch. Mason was Jerry Farnsworth's monitor for two summers in 1962 & 1963. Mason received his BFA in visual communication from Pratt Institute in 1964. He taught art in private schools for three years, was a partner in a Cambridge graphic design firm for ten years, and was president of Mason Morfit, Inc., a commercial photography studio for thirty years where his clientele included Fortune 500 companies and leading international graphic design firms. His photography can be seen at [masonmorfit.com](http://masonmorfit.com).

He and his wife, the artist Jane Bunker, live in Truro and Haiku, Hawaii

He is currently resuming his interests in drawing, painting, and printmaking.

**OPENING RECEPTION - SUNDAY, September 8, 2013, 2 to 4 pm.**  
**Refreshments are served and all are welcome!**

**Catering by Ptown Café**



## COA GALLERY - OCTOBER

### DAVID WENNERBERG - PHOTOGRAPHS

## WHAT'S NEW IN TRANSPORTATION

**FOR THE MONTHS OF JULY & AUGUST:  
PLEASE SCHEDULE ALL APPOINTMENTS  
BEFORE 1:30 PM TO FACILITATE TRAVEL  
IN SUMMER TRAFFIC**

**\*\*\*MONDAY VAN TRIP\*\*\***

**WE WILL BE PROVIDING TRANSPORTATION AT 9AM.  
TO THE POST OFFICES,THE BANK, STOP AND SHOP IN  
PROVINCETOWN ,AS WELL AS COMCAST, CUMBER-  
LAND FARMS,AND THE HARDWARE STORE AS NEEDED**

**PLEASE CALL FOR YOUR RESERVATION**

**(508)487-2462 EXT 20**

Please make sure you have the Information needed by the COA when you call for a transportation reservation.

- ◆ Your name, phone & address
- ◆ Doctor's name, phone & address
- ◆ Or the address of an appointment other than medical
- ◆ Date & time of your appointment
- ◆ How long the appointment will be, if you have an idea

**REMEMBER, IF HAVING A  
PROCEDURE, A  
COMPANION  
WILL BE REQUIRED TO  
ACCOMPANY YOU**

The Truro Council on Aging van transportation services are for Truro residents age 59 and older. Van service is partially funded by an Older Americans Act Title III Grant from Elder Services of Cape Cod & the Islands. Fees are not required for this service, but voluntary contributions are appreciated to help defray the vehicle costs to the town. The service is designed as an "on demand" service for any purpose based on rider need and scheduling from Monday through Friday. Please call Margie Childs at (508)487-2462 Ext 20.

TRURO COUNCIL ON AGING

P. O. BOX 500

TRURO, MA 02666

BULK RATE

U.S.

POSTAGE

PROVINCETOWN, MA

02657

PERMIT #1

## CURRENT RESIDENT OR

### WHAT DO YOU REMEMBER?

"I remember the hot summer afternoon in Assining, NY, walking down to the corner store with a dime and buying a popsicle twin-pop and splitting it with my good friend, Betty Smith. Yum!"

Mary Robbins

**The mission of the Truro Council on Aging is to identify the needs and interests of the community's elderly; to educate the community and enlist support and participation of all citizens concerning these needs and interests; to design, promote, and carry out programs; and to coordinate existing services within our community.**

### FRIENDS OF THE TRURO COUNCIL ON AGING BOARD

Diane Rose, Chair; Jeanne Foulke, Vice President; Girard Smith, Treasurer; Joan Moriarty, Secretary; Board Members: Stephen Currier, Lucie Grozier, Martha Ingram, Brian Trainor, Bill Worthington.

**Council on Aging Officers:** Bonnie Sollog, Chair; Stephen Royka, Vice Chair; Girard Smith, Treasurer; John Thornley, Secretary. Board Members: Joan Holt, Martha Ingram, Joan Moriarty, Mary Morley, Bernard Robbins, Kitty Stevens, Claudia Tuckey, Alternate; Hannah Shrand. **Staff:** Susan Travers, Director; Margie Childs, Assistant to the Director and Transportation Coordinator ; MaryEllen Duart, Office Manager; Katherine Stillman, Outreach Coordinator & Log Editor; James Paul Ludwig, Web Master, and Nancy Braun, Jim Downey, Dennis Guiney, David Peterman and Chuck Zimmer, Van Drivers.

**COUNCIL ON AGING HOURS: 8:00 - 4 MONDAY - FRIDAY  
OTHER HOURS POSSIBLE BY APPOINTMENT, 508-487-2462**

*Funding for this newsletter is provided by the Massachusetts Executive Office of Elder Affairs, and the Friends of the Truro Council on Aging. Thank you! And thanks to Nancy Edwards, Bobbie Sue Kane, Carol Mooney, Joan Moriarty, Helen Perry & Nancy Tarvers for their invaluable help with the bulk mailing. Thank you to Anne & Howard Irwin for their vigilant proof reading and copy editing.*